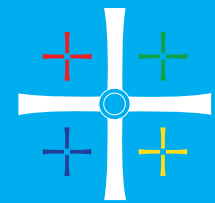


# Free for All



THE MAGAZINE OF THE VENTA GROUP

MAY 2018



**EASTER AT DEMENTIA CAFE**

see page 7



Local families enjoying  
Easter Celebration  
crafts at the pavilion

see page 6



We would love to feature your village organisation  
**IN A FUTURE MAGAZINE WITH AN ARTICLE OF THIS KIND**  
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submission of husband and wife to one another, and the particular call on the husband to love his wife 'as Christ loved the church, and gave himself up for her.' This is Easter language, pointing us towards the cross, and the extraordinary love, greater even than that of the most devoted of husbands, that caused Jesus to sacrifice himself for his bride. Just as a wedding is a wonderful occasion for a couple, their families and friends, so the death and resurrection of Jesus that first Easter weekend is a cause for great and greater celebration, assuring us that Jesus is with his people not for a human lifetime, but for eternity; the final chapters of the bible promise us that Jesus will return for his people, as a bridegroom comes for his bride.

So weddings, yes... but Pentecost? Well, on the day of Pentecost, fifty days after Easter Sunday, the disciples are gathered in Jerusalem, and God pours out his Holy Spirit on them as they pray. It is a key moment in the birth of the church, Jesus's bride, and it gives God's people an overwhelming conviction that he is with them. The apostle Peter connects the amazing events of Pentecost and Easter in the first recorded sermon by one of the disciples: now that Jesus has died, and been raised to life, and to the Father's right hand, 'he has received from the Father the promised Holy Spirit and has poured out what you now see and hear.'

The Holy Spirit, then, among many wonderful things, is a sign of God's promise. For the disciples and for us, he is the promise of God's forgiveness for all of us who believe, through the death and resurrection of Jesus. He is the promise, therefore, of life forever through Jesus. And he is the promise that he is with us not just in eternity, but here and now. We are joined with him. and he is wedded to us forever – and that is an enormous cause for celebration.

**W**e have a big weekend coming up on 19th and 20th May. It is a big weekend in the life of the nation, with the wedding of Prince Harry to Meghan Markle on the Saturday. It is a big weekend in the year of the church, with the day of Pentecost on Sunday 20th. And it is a big weekend for Caistor St Edmund, with the street party the same day.

As you read this, you might not immediately connect the celebration of a wedding with the day of Pentecost (and I realise that you may not know what that is all about) but I think we can find a few ways of joining up the dots.

The bible uses marriage to describe the relationship between Jesus and his church. It seems that God gave us marriage as much as anything as a picture of this relationship of God with his people. Writing about marriage in Ephesians 5, Paul uses the amazing image of husband and wife becoming 'one flesh', and says, 'This is a profound mystery - but I am talking about Christ and the Church.'

The language of Ephesians 5 is indeed rich, and deep, expressing the mutual

### VICAR OF THE VENTA GROUP

Stoke Holy Cross with Dunston, Arminghall and Caistor St Edmund  
Rob Baker, The Vicarage, Mill Road, Stoke Holy Cross, NR14 8PA  
rob@venta-group.org 01508 492305

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[www.venta-group.org](http://www.venta-group.org)

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### CHURCHWARDENS

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#### Arminghall

Pat (492622) & Annie (495580)

#### Caistor St Edmund

Jani (493572) & Graham (493430)

### ST GEORGE'S HALL BOOKINGS:

Joyce Williams 492143

### STOKE CHURCH HALL BOOKINGS:

Viv Carrington 493438

### STOKE HOLY CROSS PAVILION BOOKINGS:

Barbara Cattermole (Parish clerk)  
530739

### FROM THE REGISTERS

#### FUNERALS

**Toby Shearing**

**9th April**

Earlham Crematorium

**Desmond Smith**

**13th April**

Stoke Holy Cross

**Brian Balderstone**

**27th April**

Stoke Holy Cross

We continue to pray for all those who have lost loved ones recently, or are remembering someone particularly at this time of year.

We are always happy to record the names of anyone from the villages whose funeral has been held recently, even if it wasn't taken by a member of our ministry team.

### NEXT EDITION

Items for the next month's magazine please send by email to Henry and Eostre Caswell by email to

[ventafree4all@outlook.com](mailto:ventafree4all@outlook.com)

By 10th of this month please.

The 10th of the month will be the deadline for all copy for the next magazine for the time being.





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# Caistor St Edmund Church

COME for COFFEE and CAKE  
returns to our church in the old Roman Town



**W**hy not come and join us after, or indeed before a lovely walk around the remains of the Roman Town (as seen on Time Team on the TV). We can promise you some delicious home made cakes and fresh coffee or tea. We have a loo and dogs are very welcome.

Refreshments will be served in the Church on Thursday mornings each week from 10am to 12noon. We look forward to welcoming

those who came last year and also new people for the first time.

On the 10th May, which is Ascension Day there will be a service of Holy Communion at 12 noon after Come for Coffee, all are welcome to join us for this, or to stay with us once you've had your coffee and cake.

And please do also support the Big South Norfolk Litter Pick on 23rd May which will end up at Caistor Church with a barbeque at 7pm. See the separate notice for more details of where to meet for the start at 5pm.

At the Annual Parochial Church Meeting on 19th March. The following were elected as officers and members of the PCC Churchwardens:- Jani Wymer and Graham Ford; Vice Chairman:- Graham Ford; Electoral Roll Officer:- Jani Wymer; Secretary:- Louise Collins; Treasurer:- David Spurgeon; PCC Members:- Liz Humphrey (Thistledown), Bryan Elsey.



## SERVICES FOR MAY IN THE VENTA GROUP OF CHURCHES

- 6th May 6th Sunday of Easter**  
**9.00 am** Traditional Holy Communion  
 Caistor St Edmund Church
- 10.30 am** Informal Holy Communion  
 Stoke Holy Cross Church
- 4.00 pm** Traditional Holy Communion  
 Dunston Church
- Thursday Ascension Day**  
**10th May** Ascension Day  
 Holy Communion  
**12 noon** Caistor St Edmund Church
- 13th May Sunday after Ascension**  
**9.00 am** Traditional Holy Communion  
 Arminghall Church
- 9.30 am** Praise and Worship  
 Caistor St Edmund Church
- 10.30 am** Café Church  
 Stoke Holy Cross Church Hall
- 20th May Pentecost**  
**9.30 am** Family Service  
 Caistor St Edmund Church
- 11.00 am** Traditional Holy Communion  
 Stoke Holy Cross Church
- 6.30 pm** The Gathering with  
 Mulbarton Church  
 Stoke Holy Cross Church
- 27th May Trinity Sunday**  
**9.00 am** Traditional Holy Communion  
 Caistor St Edmund Church
- 10.30 am** Sunday 4 Everyone  
 Stoke Holy Cross Church Hall
- 4.00 pm** Evening Service  
 Arminghall Church

*Would you welcome a visit  
from one of our church team?*

*We will do our best to come and say hello to new people moving into the village where possible. We would be very happy to come and visit you. Maybe you would like us to pray God's blessing over your new home, for example. Please do get in touch with Rob, Lyn or the churchwardens if you would welcome a visit. Also members of the church are always pleased to come and bring communion to you if you would like to get in touch. All the contact numbers are on page 3.*



## THE BIG SOUTH NORFOLK LITTER PICK

Join Caistor St Edmund Parish Council  
for The Big South Norfolk Litter Pick

*Help to keep your local community  
clean and tidy!*

**Where: Caistor St Edmund**  
**Date: 23rd May 2018**

Time: Commencing at 5pm to finish at Caistor St Edmund Church for 7pm with BBQ kindly provided by the Church.

Meeting Point: St Edmunds House, St Edmunds Close, Caistor St Edmund, NR14 8RJ

If you are interested please contact Jeanette Utting on 01508 494198 or email JeanetteUtting@aol.com

All welcome, please support this worthy local community event!

## More Easter Celebrations at Caistor Church

**T**he children and families from Stoke Holy Cross Preschool had a lovely time at their Easter event, despite the weather (heavy rain!) the children went out to find ribbons in the trees and hedges to collect for easter egg prizes, there was a Easter hat competition, Easter card crafts a cake stall with lots of home made treats and tea, coffee and squash was generously provided by the Church. We raised some much needed funds for the preschool.

The weather may have meant outside play was not an option but the children had a wonderful time playing inside the church, looking for hibernating ladybirds, and making up games in the aisle. They were all very interested in the shape of the roof and the large windows and doors. It was certainly approved by the children as a good place to spend an afternoon.

The Preschool are really grateful to the church for letting us have our Easter event there and we were very well looked after by churchwarden Jani.

Thankyou!



### STOKE HOLY CROSS TUESDAY GROUP

On Tuesday, May 15th, we are due to receive an update on the construction work now in progress on Norfolk's new Children's Hospice, **the nook**, at Framingham Earl. It is a cause which has been taken to the hearts of local people, and we are now at the exciting stage of actually being able to see it take shape before our eyes. Anyone who is interested will be very welcome to attend, the meeting is at 7.30 pm in the Church Hall.

Last month's meeting told us about the amazing work done by Blood Bikers, who ride through the night to deliver urgent supplies of blood and plasma between hospitals. Our April Coffee Morning supported their work, and we were delighted to make the sum of £176.70p.



## Easter Celebrations and Fun at the Park in Stoke Holy Cross

As you will have seen from the photos on the front cover many children and young families came along and enjoyed a great time at the playing field pavilion on Good Friday. There were lots of yummy homemade cakes to eat and various

craft activities relating to Easter. Many children enjoyed having their faces painted as well as make Easter Bonnets, glittery crosses, cards and biscuits. There are even a few more pictures from the day on the church website [www.venta-group.org](http://www.venta-group.org).

### allstars club

#### after school for 4-11s

Games Crafts Snacks

Bible Stories, Videos & Songs

All Foundation-Year 6 children are welcome to join us at our brand new after-school club, as well as any older helpers who would like to join in! If you'd like to come along, or to find out more, contact us on [admin@venta-group.org](mailto:admin@venta-group.org), or 01508 492305.

*We really need to know in advance if you are coming to help us plan ahead, but please do just come along if you don't manage to get in touch for any reason. All children must be signed in and out by a responsible adult.*

Thursdays 3.30-4.45 in the Church Hall  
24th May 28th June

The Venta group of churches

## Your churchyard needs you!

**PLEASE COME AND JOIN US AT OUR WORKING PARTY AND PICNIC ON 10TH JUNE AT 1.00PM**

Because Stoke Holy Cross church has kept the churchyard open and available for further burials this means that looking after the churchyard still falls to the members of the church rather than the parish council. The churchyard is a delightful place to visit, whether you have someone there to remember or not, and is a real haven for wildlife. But it does need looking after.



Could you spare a bit of time and energy to help keep the churchyard looking nice for all our visitors. It is a beautiful place to come and spend a little time doing a bit of tidying or expending some energy to help with the mowing. Maybe we could form a little gardening group to get together here? Please bring your gardening gloves and favourite tools even.

We can provide hot and cold drinks. There is a loo too!

But do remember to bring your own picnic lunch.

### ROYAL WEDDING STREET PARTY

Calling all residents of Caistor St Edmund! The Parish Council and Caistor St Edmund Church invite you to a Royal Wedding Street Party, on the afternoon of Sunday 20th May. A separate invitation is included with venue and timings, but save the date, and prepare to get involved: we will need lots of tables and chairs, decorations, gazebos, children's activities, music, sandwiches and cakes, cups and plates and more. Don't miss out!





## St George's Hall Dementia Support Cafe



A comfortable, caring and supportive social setting for people living with dementia and their carers meeting on 2nd and 4th Mondays of each month (not Bank Holidays) from 10am till 12 noon at St George's Hall, Long Lane, Upper Stoke Holy Cross, NR14 8ND.

We run occasional subsidised excursions. Also included is a separate carers' meeting place providing an adjoining space to relax and useful for sharing of ideas, practical support and advice. The Café is run by a team of dedicated and caring volunteers, and funded entirely by donations, grants and fund-raising activities. For further details please ring 01508 493661 or 492938.

The group and café are proving to be a wonderful opportunity for those with dementia and their carers to enjoy a relaxing time together to the benefit and enjoyment of all who come. If you know someone local with a form of dementia do mention the café and we are always pleased to welcome more volunteers to help too.

We had a great Café meeting in March

with everyone getting very involved in remembering Easter with activities. We had a lovely time making Easter cards, painting eggs and egg cups and decorating a "tree" with the eggs and flowers. Some of the volunteers had made some baskets with pipe cleaners filled with little eggs which Pattie and Ann made beforehand. Our guests had one each to take home.

In April we had a brilliant time singing along and enjoying entertainment provided by Stewart Hull. (you may have noticed Stewart's advertisement on page 2) We were really "rocking".

There will only be one cafe in May on 14th when we hope to show another film followed by our Annual General Meeting. There is no cafe on 28th May as it is a Bank Holiday.

Newcomers are always very welcome to simply drop in to the Café (or ring one of the above numbers before to learn more if you wish). And we are naturally delighted to welcome any new volunteers, even if you can't come every time.

[www.stgeorges-dementia-support-group.btck.co.uk](http://www.stgeorges-dementia-support-group.btck.co.uk)

### STOKE HOLY CROSS PARISH COUNCIL

The annual meeting of the Parish Council will take place on 3 May when officers will be elected for the next year. This year will be the last year of the existing Council. Some councillors have already indicated they will not be seeking re-election.

#### Maybe you would like to become a parish councillor and seek to improve the village facilities into the 2020s?

Although sometimes it feels Parish Councillors have less clout in today's world, the Parish Council still makes important decisions about how to spend the precept from parishioners Council Tax for the benefit of as many people as possible. Our finances are used to pay the salary of the Parish Clerk, to pay for the upkeep of the playing fields and walking verges. The Parish Council is currently working on the following projects: replacing the pavilion and finding finances, principally from developers, to contribute towards a path on Long Lane from Upper to Lower Stoke. Following a request from the St Georges Dementia Group we are continuing to ask Highways to move the speed limit and improve the signage for St Georges Hall and the Parish Church. We have also had requests from parishioners to install a bus stop near Broomefield Road/Long Lane junction which again we are pursuing.

#### There are two particular areas we would welcome support from the wider community.

Firstly, we have had several complaints recently about dogs in the village. In particular, dog mess around the village and on the playing field and also about dogs not being kept on leads. Please remember dogs are to be kept on leads on the playing fields at all times – even when you don't see a child about. Please also remember to clear up your dog's mess and dispose of it in the dog bins provided which are paid for out of your Council Tax. Secondly, do you have a practical skill we could call upon to fix a post, mend a fence or stop a leak at short notice? If you could help please let the Parish Clerk know.

Finally I am pleased to welcome Anita Rose to the position of Parish Clerk. Her contact details are:

Email - [stokeholycross.pc@gmail.com](mailto:stokeholycross.pc@gmail.com)  
Telephone Number - 01508 491709

**Revd. Lyn Marsh,**  
Chairman

### CAISTOR ST EDMUND ANNUAL PARISH MEETING

On Wednesday 9th May 2018 The Caistor St Edmund Annual Parish Meeting takes place in St Edmund's Church at 7.00pm, followed by Annual Parish Council Meeting.

All parishioners are invited to attend to meet your councillors and learn more about what we do.





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## VOLUNTARY NORFOLK

Supporting volunteers and voluntary organisations

We are looking for compassionate and friendly people to join us as Health Goal Volunteers for the Norfolk Community Health and Care NHS Trust in South of Norfolk. This exciting new role involves supporting patients to achieve a particular goal that will improve their health and wellbeing; for example, joining a group to pursue a hobby and to make new friends.

Volunteers will visit the client weekly for around 2-3 hours per week, for a period of 2-8 weeks, depending on the goal the individual would like to achieve. All volunteers will receive full training, including the opportunity to attend a 2 day course in Health Coaching, and ongoing support. This is a great opportunity to make a real difference to your local community.

For more information about becoming a Health Goal volunteer, please contact Pavlina Parashkevova, Volunteer Co-Ordinator (South) on 01603 272336 or email [volunteering@nchc.nhs.uk](mailto:volunteering@nchc.nhs.uk).

### STOKE HOLY CROSS THURSDAY CLUB

Our next meeting will be held on Thursday 3rd May, 2018 in St. George's Hall, Upper Stoke Holy Cross 1.30 for 2 pm - come along and enjoy an enjoyable afternoon of tea and chat or card games etc, you will be made very welcome.

Our first outing for 2018 will be on Wednesday 30th May, 2018 when we will be going to Bury St. Edmunds, if you are interested in joining us this will be £8 per seat. Contact Liz Smith on 01508 493245 to reserve a place.

Our dates for Bingo will be - Wednesday the 9th and 23rd May - eyes down at 1.45pm

Our dates for Carpet Bowls will be - Wednesday the 2nd, 16th and 30th May - 1.30pm cost £2

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Stoke Church Hall,  
Mondays 9am-1pm,  
Weds 1.15-4.15pm

# Adam's Gardening Tips for May

The weather has been very deceptive this spring, catching us all out with so much late snow and rain. The growth of many crops has been delayed.

Hopefully your brassicas for next year have been planted by now, but May is the last month to get them in the ground. If planting out before the end of the month make sure you have firmed the soil to prevent the plants from rocking which prevents the roots from developing properly.

Several of the more common herbs can be planted this month, including dill, basil and parsley. Although April simply leaves any parsley which has germinated in the vegetable plot to its own devices. The herb fennel can be planted now but the bulb fennel or Florence Fennel needs to be planted after the longest day to discourage it from bolting.

Adam will be watching his rhubarb carefully for any signs of flower heads which he will remove as soon as he can to stop them weakening the plant. Keep raspberry cane rows neat by removing any unwanted shoots. The plants will benefit later from not having too dense a growth and allowing air and sunlight to penetrate.

Pests may become increasingly evident. A few things to watch out for are asparagus beetle which can be picked off the asparagus fronds before they lay eggs, sawfly larvae on gooseberry bushes can also be picked off by hand and later in the month black aphids tend to cluster on the soft tips of broad beans. The best way of dealing with these is to simply nip that top growth out of the plant. Brassica collars can be laid round cabbage, sprout and broccoli plants on the ground, around the stem, to deter cabbage root fly.

Plant salad crops at two weekly intervals for a constant supply and consider using space between other crops such as sweetcorn for growing salad leaves. April likes to grow squash or courgette plants under the sweetcorn to use space effectively. You may have to train the plants a little bit.

May can be the start of a dry time, so ensure that the soil does not dry out, especially around young plants and to retain the moisture use plenty of mulch, (muck, straw, compost, the contents of old grow bags) which will also suppress weeds. On areas with no mulch keep the hoe going which breaks up the capillary action of evaporation as well as killing weeds.

At the end of the month start planting out the small plants such as beans, courgette, squash etc. which were planted last month undercover. Keep an eye on the weather forecast and if necessary cover any tender plants which maybe vulnerable to frost.

### Rhubarb Crumble

700-900 gm trimmed rhubarb  
75 g caster sugar  
Teaspoon of powdered ginger  
200 g (unsalted) butter  
380 g plain flour  
200 g caster sugar

The rhubarb is now beginning to grow more vigorously and April has already eaten some gently stewed with a little sugar. However if you have a fair amount to cook roasting it in the oven can be easier and avoid the necessity of stirring a pan. Simply cut the rhubarb into chunks, lay in a single layer on a baking tray, sprinkle with some sugar and bake for about 10 minutes at 180o/Gas 4. When cooked it can be eaten on its own or as a base for crumble. Adjust the sweetness to your taste.

Cut the rhubarb into chunks and either bake as above or stew in a pan until soft. Try to keep the rhubarb chunky rather than mushy. Add the powdered ginger and the sugar (to taste). Transfer to an oven proof dish.

Make the crumble mixture by hand or in a food processor and sprinkle onto the rhubarb. Bake at 180o/Gas mark 4 for 30-40 minutes until the top is crisp and golden brown. Serve slightly cooled with your choice of accompaniment.

### ARE YOU INTERESTED IN HAVING AN ALLOTMENT IN STOKE HOLY CROSS?

The Stoke Holy Cross Allotment and Leisure Gardeners' Association are trying to gauge demand for allotments in Stoke Holy Cross. There is a waiting list at the moment of about 7 people but we are interested to hear from any others who might want an allotment.

Please email Fenella Bhaskar at [fbhaskar@hotmail.com](mailto:fbhaskar@hotmail.com) with your name, address and contact details if you are interested.





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